Helping to keep your children safe online

"**Helping to make the internet a great and safe place for children**"

| Promoting the positive | ⟷ | Responding to the negative |

Adults often have anxieties about new media...

Everything that's already in the world when you're born is just normal;

Different world?

"Anything that gets invented after you're thirty is against the natural order of things and the beginning of the end of civilisation as we know it ...until it's been around for about ten years when it gradually turns out to be alright really."

Douglas Adams

Why is internet safety important?

↓
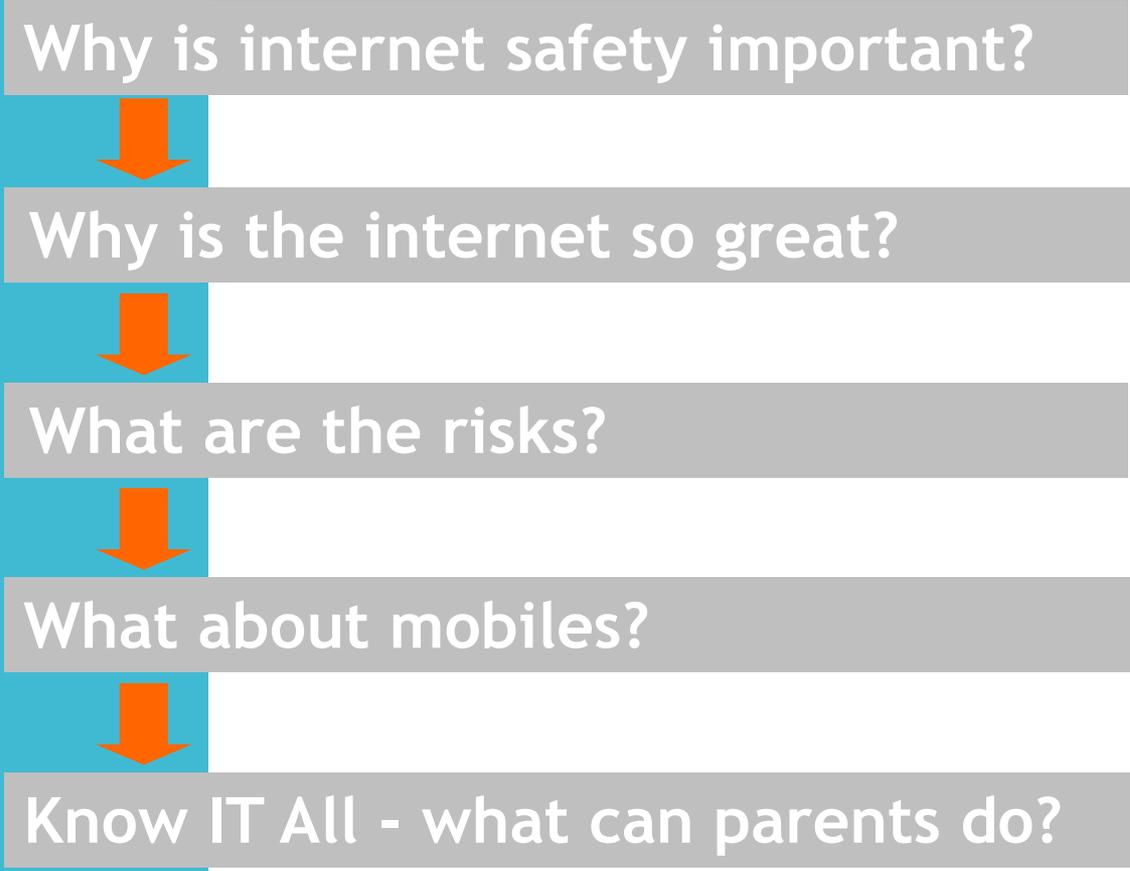
Why is the internet so great?

↓

What are the risks?

↓

What about mobiles?

↓

Know IT All - what can parents do?

Why is internet safety important?

Statistics

- The amount of time 8-11s and 12-15s spend online has more than doubled since 2005... The amount of time 8-11s and 12-15s spend online has more than doubled, from 4.4 hours a week in 2005 to 11.1 hours

- However, there has been a decrease since 2014 in the number who trust their child to use the internet safely Since 2014, parents of 3-4s (44% vs. 56%), and 5-15s (78% vs. 83%) whose child goes online are less likely to say they trust their child to use the internet safely.

- Parents are more likely in 2015 than in 2005 to believe that their child can get round parental controls In 2005 very few (5%) parents who were using blocking controls or software said their child knew how to get around those controls. In 2015 29% of parents of 8-15s said they thought their child would be able to unset, bypass or over-ride home network-level filters, and 21% thought this about parental control software.

Statistics

1

Parents and teens keep their mobile devices close by at night, including a third of teens who keep their mobile devices in bed with them.

At night, parents say they keep their device within reach of the bed (62%). While at a lower rate than parents, many children also say they have their device within reach of their bed (39%), but they are more than twice as likely as their parent to have it in the bed with them (29%). Girls tend to sleep with their mobile devices more than boys (33% of girls vs. 26% of boys).

2

Many teens and parents are having their sleep interrupted by notifications.

One in three teens (36%) wakes up and checks their mobile device for something other than the time at least once a night. One in four parents (26%) does this as well. While parents say they are waking up and checking because they received a notification (51%) and/or couldn't sleep (48%), children say they are waking up and checking because they received a notification (54%) and/or they want to check social media (51%).

3

Doctors and researchers say not to use screens in the hour before bed ... but parents and teens do.

A majority of parents (61%) check their mobile device within 30 minutes of falling asleep. Similarly, a majority of children (70%) check their mobile device within 30 minutes of falling asleep at night.

4

The number of parents who say they spend too much time on their mobile devices has increased by 23 points since 2016 (52% in 2019 vs. 29% in 2016).

In other words, more than half of parents feel they are spending too much time on their mobile devices. Parents today are much less likely to say they spend the right amount of time, down 26 points since 2016 (41% in 2019 vs. 67% in 2016).

5

But teens today are much more likely to say they spend the right amount of time on their devices than they were in 2016 (47% today compared to 29% in 2016).

They are much less likely to say they spend too much time on their devices today (39% today compared to 61% in 2016). Girls are more likely to say they spend too much time on their mobile devices (47% vs. 32% of boys).

6

More kids wish their parent would get off their device: There has been an 11-point increase in the number of children who think their parent spends too much time on their device (28% in 2016 vs. 39% today).

There is also a 22-point decrease in the number of children who think their parent spends the right amount of time (64% in 2016 vs. 42% today).

In 2016, Common Sense published the findings of our original survey (Felt & Robb, 2016),

Statistics

9
There are many households where everyone feels addicted to their devices.

A majority of children with a parent who feels addicted to their mobile device also feels addicted themselves, creating households where the entire family is more likely to feel addicted to their mobile devices. More than half (56%) of teens who have a parent who feels addicted to their device feels addicted themselves.

Knowledge vs. Wisdom

KNOWLEDGE

Many children pick up technology quicker!

WISDOM

Understanding how to behave in a virtual world

Know IT All

69% of young people say they mind their parents restricting or monitoring their internet usage!

Why is the internet so great?

Internet speeds

56K At full speed a single, low-quality song (roughly 3.5MB) would take around 10 minutes to download. But internet speeds aren't always consistent, so realistically, it would take 30 minutes to a few hours to download one song. If you wanted to download a low-quality movie (around 700MB), it would take 28 hours at full speed, or three to five days at low speed.

Movie that's 3 GB in size, using 5G, 4G and 3G networks

3G 1 hour 8 minutes

4G 40 minutes

5G 35 seconds

20 years later and all these things fit in your pocket

Figure 3.8: Global online interactions every minute

Timers set using Amazon Alexa — 1.5k
Hours streamed on Netflix — 97.2k
Searches conducted on Google — 3.8m
Messages sent via WhatsApp and Facebook Messenger — 69.4m
Pins generated on Pinterest — 85.7k
Tweets sent on Twitter — 347k
Stories shared on Facebook, WhatsApp and Instagram — 694k
Snaps shared on Shapchat — 2m
Hours watched on YouTube — 694k

What are we doing ?

What are the risks?

Deepfakes: When seeing isn't believing

Is the world as we know it ready for the real impact of deepfakes?

Jake Moore 31 Oct 2019 - 11:30AM

Selfies 'are worse for children than bullying' because photos make teenagers question their body and appearance

- Study highlights peer pressure on teenagers from photographs of their friends
- It makes youngsters 'question their bodies and their appearance'
- Researchers at the University of Birmingham analysed 1,300 responses from teenagers aged 13 to 18 as part of the research

By VICTORIA ALLEN SCIENCE CORRESPONDENT FOR THE DAILY MAIL
PUBLISHED: 01:46, 25 January 2018 | UPDATED: 07:55, 25 January 2018

Mental health

Denis Campbell
Health policy editor
Fri 4 Jan 2019 00.01 GMT

Depression in girls linked to higher use of social media

Research suggests link between social media use and depressive symptoms was stronger for girls compared with boys

Live streaming

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## Children under 13 groomed on live streams

24 May 2018

Charities are calling for greater oversight of social media live streaming after reports children are being groomed through it.

Research by the Internet Watch Foundation on images and video captures of live-streamed child sex abuse found 98% of victims were aged 13 or younger.

Barnardo's research also found children too young to use the services were logging on.

- One in ten 12-15s who go online have 'gone live' Three-quarters of 12-15s who go online have heard of live streaming services (such as Facebook Live, YouTube Live and Instagram Live). One in ten have shared videos using a live streaming service and a third have not shared content but have watched live streams.

Connect: Social networking sites

omegle
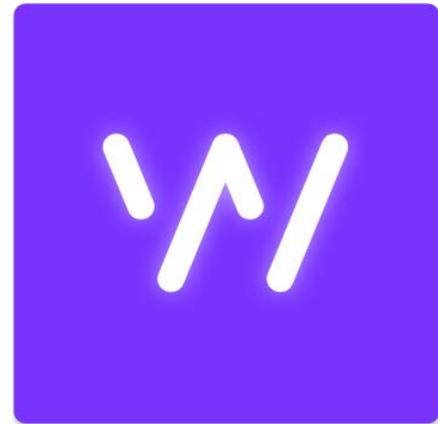
Talk to strangers!

yubo

TikTok is a global video community where users create, share and discover 'funny and memorable moments' via short video clips – typically about 15 seconds long. Videos can be 'spiced up' with special effect filters, stickers, music and sound clips. Currently one of the world's most popular apps, TikTok was formerly known as Musical.ly, before it was rebranded by the Chinese company that acquired it in November 2017. If your child had previously had a Musical.ly account, all of their videos and personal settings will have automatically been moved to TikTok.
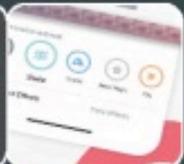
Tik Tok

AGE RESTRICTION
13+

What parents need to know about

TikTok

BEING INFLUENCED

More than one third of children aged 6-17 consider 'social media stars' to be among their top role models. There are millions of creators on TikTok, showcasing their 'talents, moments and knowledge', from singing to dancing to stunts and comedy skits, which receive thousands of likes and comments from around the world, quickly turning people into 'stars'. There is the danger that children may develop unrealistic expectations of how they should look and behave on the app in order to become the next 'star'. They may have feelings of inadequacy and low self-esteem or become swayed by certain opinions.

INAPPROPRIATE SONG LYRICS

TikTok lets users lip-sync to their favourite songs and produce their own music videos. Some of the music choices contain swear words or sexual themes. So not only can children be exposed to potentially inappropriate content but they can broadcast themselves miming or singing these lyrics.

CONCERNING CONTENT

Some of the outfits and dance moves in videos can be overtly sexual and provocative. There have also been reports of some users sharing concerning content, such as videos that promote anorexia, porn, self-harm and violence.

DANGEROUS TRENDS & CHALLENGES

On TikTok, there are always 'trending challenges' and hashtags that users can copy or build upon, and sometimes, these challenges can pose risks to young people.

STRANGERS CAN FOLLOW YOUR CHILDREN

If your child's profile is open, strangers can use the app to comment on your child's videos. While this isn't always sinister, it gives potential predators the ability to contact your child through the platform.

IN-APP PURCHASES

Of course, as with many apps, there's a paid element to TikTok. Users can buy virtual coins to be exchanged for virtual gifts – for example, if they like a specific video, your child can use coins to purchase emojis to show approval. These can be expensive and easily purchased – there is the option to buy 10,000 coins for £97.99 with a one-click buy button.

ANYONE CAN SEE YOUR CHILD'S CREATIONS

TikTok encourages users to 'share their passion and creative expression through their videos' and while something may seem fun at the time, videos can get in the wrong hands and cause embarrassment in the future. If posted publicly, anyone in the world can see your child's homemade music video and potentially cause bullying within personal friendship groups or even online.

National Online Safety

NOS

Top Tips for Parents

TALK ABOUT THE PITFALLS OF OVERSHARING

Encourage your kids to always think before they do, say, like or post anything online, explaining that their 'digital footprint' can shape their online reputation and the way that other people see them. Something they may find funny and entertaining now may impact them in the future. Talk about how to deal with peer pressure and how doing something they think will impress others could affect them.

HANDLING CRITICISM

While it's fantastic to see your child being creative and expressive and bonding with people with similar interests, they need to be aware that not everyone will be supportive online. Comments can be negative or even cruel. Make sure they know how to comment respectfully and handle negative feedback. In the app's Privacy and Safety settings, your child can decide who can react to their videos, who can comment, and who can send them private chat messages. We suggest using these settings so only their friends can interact with their posts.

SIGNING UP WITH THE CORRECT AGE

When signing up to TikTok, you are prompted to input your birth date. If your child inputs their age as 'under 13', the app will not allow them to sign up and will be locked for 24 hours. The app is intended for users aged 13+, so explain that the rating is there for a reason; to keep them protected from online dangers. It is actually possible to watch TikTok videos without even creating an account, so it's important to check if your underage child has downloaded the app to their devices.

USE THE 'DIGITAL WELLBEING' SETTING

If you're concerned about the amount of time your child is spending on TikTok, in the app's setting, you can switch on a feature called Digital Wellbeing. This includes 'Screen Management' to limit the amount of time your child spends on the app.

SET THE ACCOUNT TO PRIVATE

This means that only people who you and your child approve of can see their creations. To make an account private, tap the three dots at the top right of the screen to access settings. Click 'Privacy and Safety'. Scroll down until you find 'Private Account' and turn this setting on.

REPORT INAPPROPRIATE CONTENT

If you or your child see something on TikTok that appears to be inappropriate, they can report content in different ways within the app. They can report an account, video, comment or chat conversation by simply tapping 'Report'. In the app's 'Digital Wellbeing' feature, there is also an 'Enhanced Restricted Mode' which limits the appearance of videos that may not be appropriate for all audiences.

AVOID IDENTIFIABLE OBJECTS

To ensure that there's no way of anyone tracking your child's location or identity, make it clear to them that they should never film a video in their school uniform or near a landmark that gives away where they live.

DISCUSS IN-APP PURCHASES

To lower the risk of your child making accidental in-app purchases, teach them exactly what in-app purchases are and the risks of making them without permission. Tell them that they are not essential to enjoy the app and that if they want to make a purchase, they should always ask you beforehand. In the app's 'Digital Wellbeing' feature, there is the option to disable the function of purchasing coins and sending gifts.

SOURCES: webteam.com/publications/article/319729/social-media-morerisks-for-kids-but-parents-richest, commonsensemedia.org/blog/parents-ultimate-guide-to-musically4-metro.co.uk/2017/07/17/musically-everything-you-need-to-know-about-the-app-your-children-are-obsessed-with-6518068/, youtube.com/watch?v=wh9OoIFG8Js, youtube.com/watch?v=rYVG2IQD4g8, data.musically.com/webview/pdf/service/Playbook.pdf, youtube.com/watch?v=dTeOOChIaM, support.musical.ly/hc/en-us/knowledge-base/community-guidelines

Fortnite Dares??

'Fortnite - Battle Royale', is a free to play section of the game 'Fortnite'. The game sees 100 players dropped on to an island from a 'battle bus' where they have to compete until one survivor remains. The last remaining player on the island wins the game. Players have to find items hidden around the island, such as weapons, to help them survive longer in the game. To make the game harder, there is an added twist called 'the storm', which reduces the size of the island from the start of gameplay, making the players closer together in proximity. The game is available on PC, PlayStation 4, Xbox One, Mac and iOS.

AGE RESTRICTION 12+

What parents need to know about
FORTNITE: BATTLE ROYALE

MICROTRANSACTIONS

New featured items are released daily and are only available to purchase within 24 hours of their release. These are cosmetic items, called 'skins', 'gliders' and 'emotes', which change the look of the characters but do not improve the game play. Once purchased, the player has full use of these in the future. The designs are made admirable for players to purchase and even celebrities are endorsing them. Also available to purchase in the game is a 'Battle Pass'. When a new 'Battle Pass' is released, users can play a series of challenges to receive more rewards (cosmetics) by progressing through different tiers. Whatever rewards they achieve can then be used in the game.

IT CAN BE ADDICTIVE

Games can last around 20 minutes but this varies with each game. Children may feel angry if they lose the game and continue to play until they achieve the result they want. The competitive nature of the game may make it difficult for children to stop playing halfway through as it could affect their position in the game.

IT CAN BE PLAYED ON THE GO

The game was released on mobile in April 2018 meaning it can be played without a games console at home. Some schools have reported that the game is distracting their students whilst in the classroom. As the game is available outside of the home, parents may not be aware of how long their child is on the game.

HACKER ATTACKS

News site Forbes said it had seen "dozens" of reports online by people who said their accounts had been compromised by hackers. Hackers gained access to users accounts in the game and spent hundreds of pounds in fraudulent charges.

TALKING TO STRANGERS DURING SQUAD MODE

Interacting with other players in the game is part of the fun as players can communicate with their friends and other players in the game. Players will benefit from wearing headphones in the game to hear footsteps from other players trying to compromise their game. Wearing headphones makes it difficult for parents to hear what exactly is being said and children may be exposed to inappropriate language. Fortnite includes really good reporting features for players either cheating or misbehaving, and work towards having one of the best online gaming communities.

'FREE' TO PLAY

The game IS free to play. However, if playing on Xbox, you will need an Xbox gold subscription to play the game which is chargable.

NO PROOF OF AGE REQUIRED

Signing up to the game is relatively simple. Users have the option to log in with their Facebook or Google accounts or their email address. When signing up with an email address, there is no proof of age required. If your child is under the age of 12, it is important to check if your child has the game downloaded.

SOCIAL MEDIA SCAMS

There are many accounts on Facebook and Twitter which claim to give away free money (known as 'V bucks') for games which will be transferred to their Xbox Live or PSN cards. Any giveaway promotion from Fortnite will be in game. It is important to check the authenticity of these accounts before giving away personal information in order to claim 'v bucks'. The websites or accounts may ask you to share your account name and password in order to claim the money; if these offers seem too good to be true, they usually are.

WEAPONS AND VIOLENCE

PEGI has given the game a rating of 12+. Even though the game includes violence and weapons such as crossbows, grenade launchers, rifles, pistols, shotguns and more, PEGI say "more graphic and realistic looking violence towards fantasy characters is allowed. Any violence towards human characters must look unrealistic unless it consists of only minor or trivial injury such as a slap", making the game 'suitable' for children aged 12 and over.

Snapchat
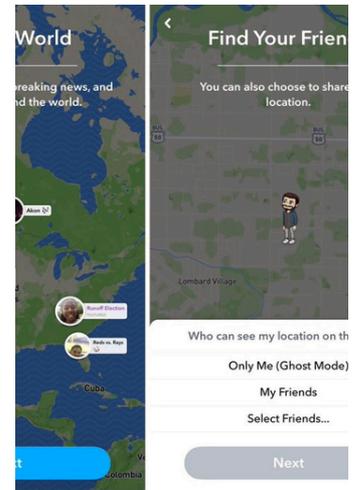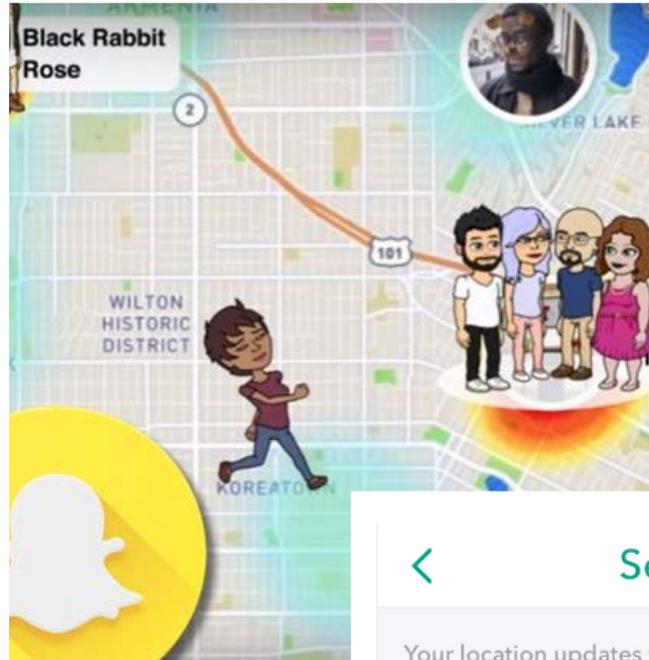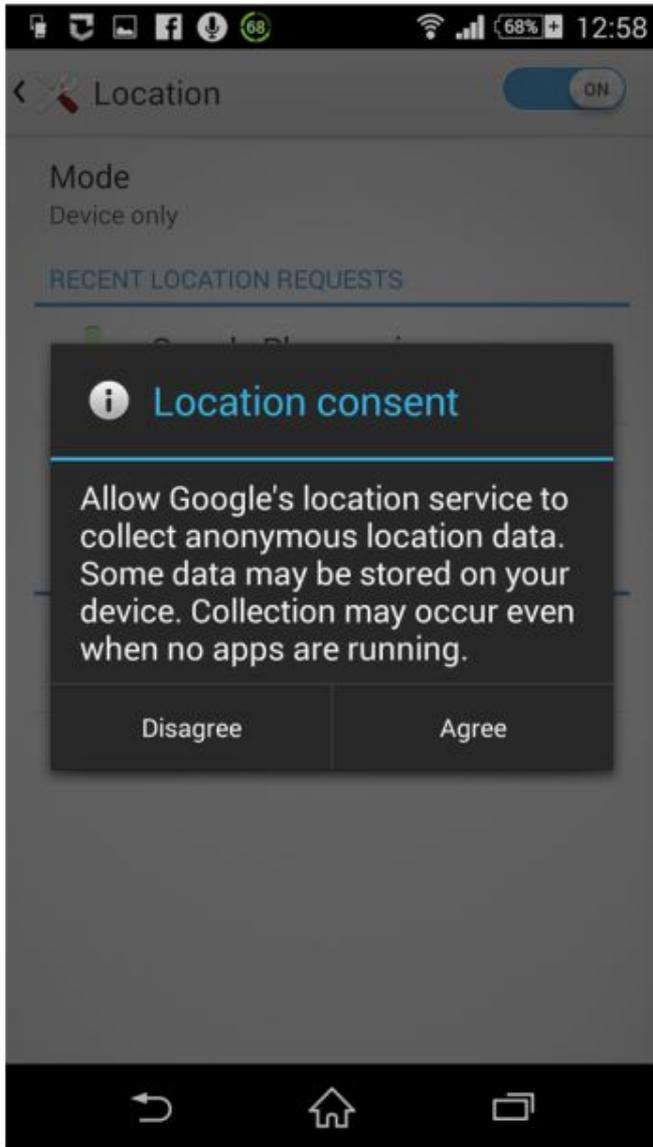
LOCATION SETTINGS

Android

iPhone
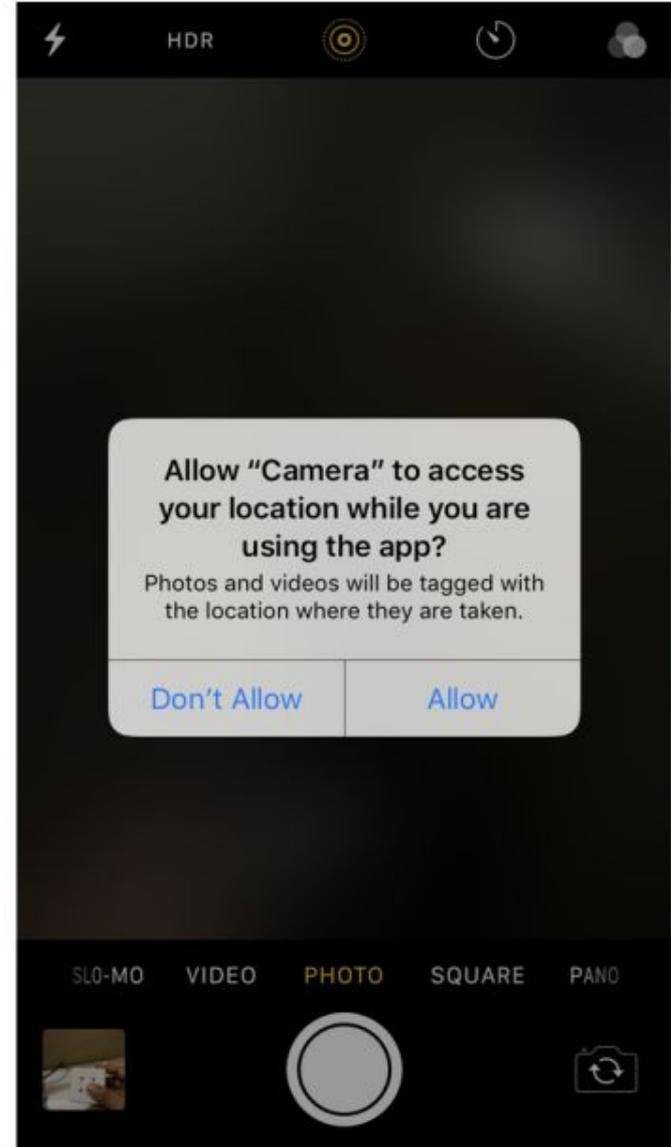
What do your photos tell someone?

office@bredhurst.kent.sch.uk

www.bredhurstcep.co.uk

Gilling
Kent
ME7 3

Tel: 016
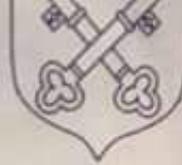
26th January 2018

nyone aware of this app? ROBLOX.

Dear Parents

The teachers spoke to the children yesterday regarding this app. Most of the children had either played i
or were aware of it.

PLEASE SEE MESSAGE BELOW FROM KENT POLICE.

Warning : We are putting out this post following our visit to a school yesterday. As most people know
we are concerned about the popular app ROBLOX which is by far the most popular game played by
children from 5 to 10 years of age.

We were talking to a very large group of year 1 students and we were shocked when over half of them
said they were playing ROBLOX. When we spoke to Year 2 at least 70 percent of them were playing the
game.

Most of these children then disclosed that they had online friends in ROBLOX that their parents didn't
know about. It got worse when many of the children stated they had received many in game messages
from 'strangers' and that they hadn't told their parents. All of the children then stated that they had seen
'naked' characters walking around the game and that the characters were doing very adult things.
The inappropriate content has been disclosed to us thousands of times by young children but we were
previously unaware that the children were being sent numerous messages. When talking to Year 3
students they suggested that a lot of the messages are inappropriate. In all cases the children aren't telling
their parents.

Most of the young children we spoke to yesterday appear to have been talking to strangers in the game by
using a headset to speak. The headset is usually just a normal set of ear pods that you would get bundled
with an Apple device as opposed to a specific gaming accessory.

We would advise every parent to check their child's ROBLOX account and look to see if they have
friends that they do not know. Many of the children we spoke to yesterday said their accounts were
'maxed out' meaning they have 200 online friends.

We would also ask parents to check the child's in game message inbox to check if they have been
receiving inappropriate messages.

PLEASE CAN EVERYONE SHARE THIS POST SO THAT PARENTS KNOW TO CHECK THEIR
CHILDS ACCOUNT

Best Wishes

Blue Whale Game?

Nelson Primary School
Inspiring Ambition, Achieving Success

Head Teacher: Mrs F. Cullen
Deputy Head Teacher: Ms J. Cull
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Dear Parents / Carers,

Blue Whale Game

I would like to warn you about a very dangerous game that a lot of the children are talking about. You can access this game from social media sites like Instagram, Facebook Snapchat etc.

In the game the people who run it are called "Masters." The masters send tests or challenges through to the person playing the game and take place over 50 days. . They start quite small such as wake up at 4.20 or watch a horror film. The challenges get worse and worse until they are asked to carve the shape of a blue whale into their own skin. To win the game the player is asked to commit suicide; if the choose not to do that the player is told that the masters will kill their family

Please keep an eye on your child and talk to them about the dangers of games like this one. I would also like to point out that no child in primary school should have a social media account such as Instagram or facebook. The lower limit for these sites is 13 years old.

Yours faithfully,

Fiona Cullen
Head Teacher

Fake Apps
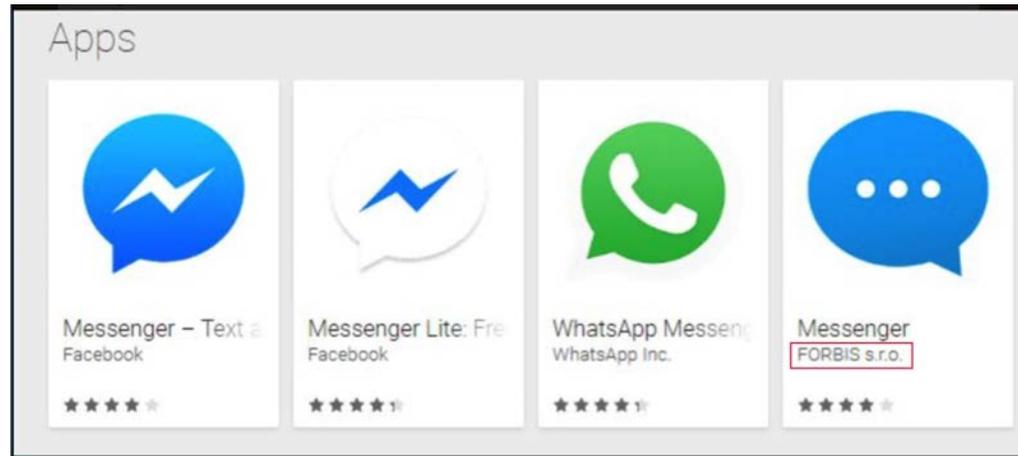
What's the name of the developer? The name usually tells you everything. Why would Facebook have an app developed by someone who is not Facebook?

·**Do the reviews and ratings seem suspect?** Always review the reviews. 5-star reviews AND 1-star reviews. In general, the more reviews, the more legit the situation. If there are hundreds of reviews, you'll know that the app has stood the test of time. If there are only a few, and they're glowing, then they could very likely be phony reviews written by the criminal developer.

·**Do the performance and promises seem over-the-top?** If they are outlandish, be wary.

Apps lock & Gallery hider
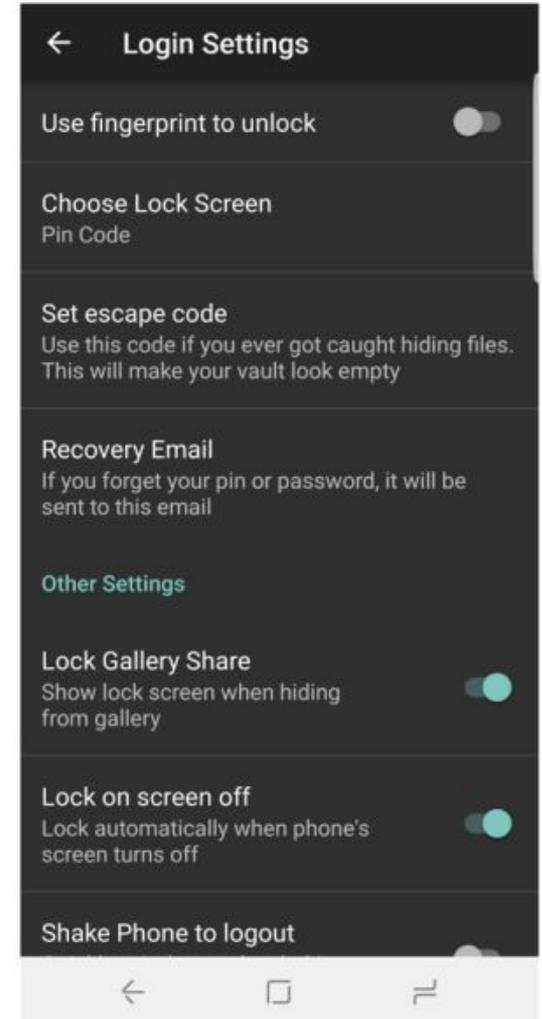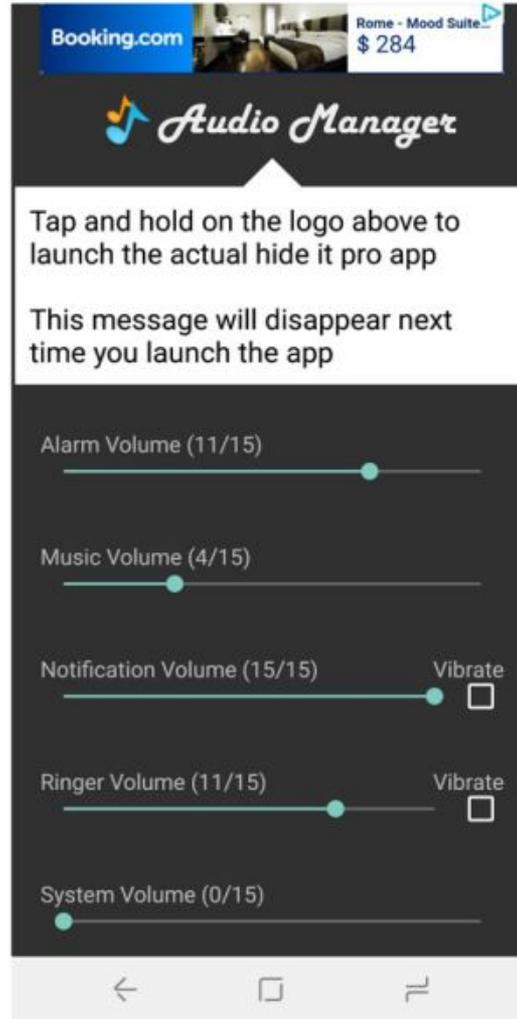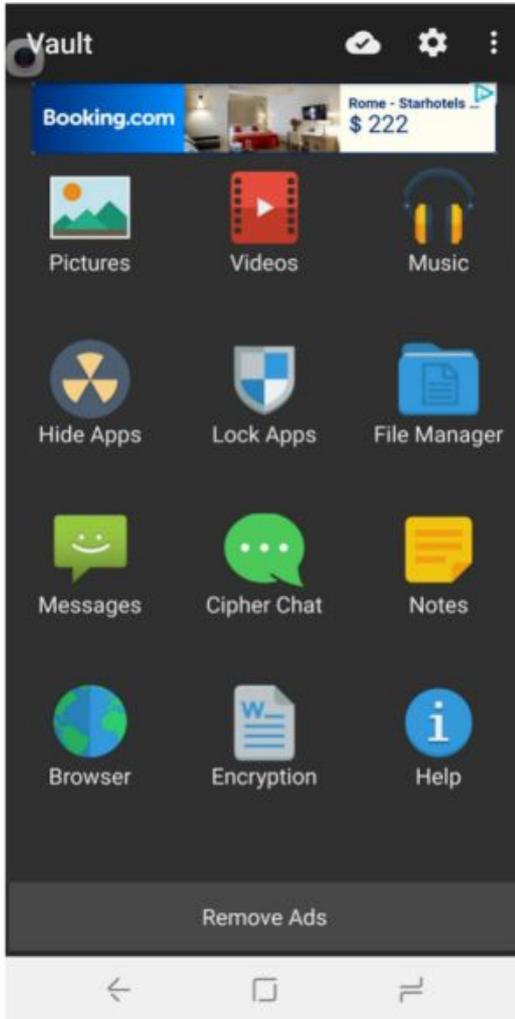
Over to you…

What do YOU think is the biggest risk to children online?

Main reasons for young people contacting Childline in the United Kingdom (UK) in 2018/19* by percentage
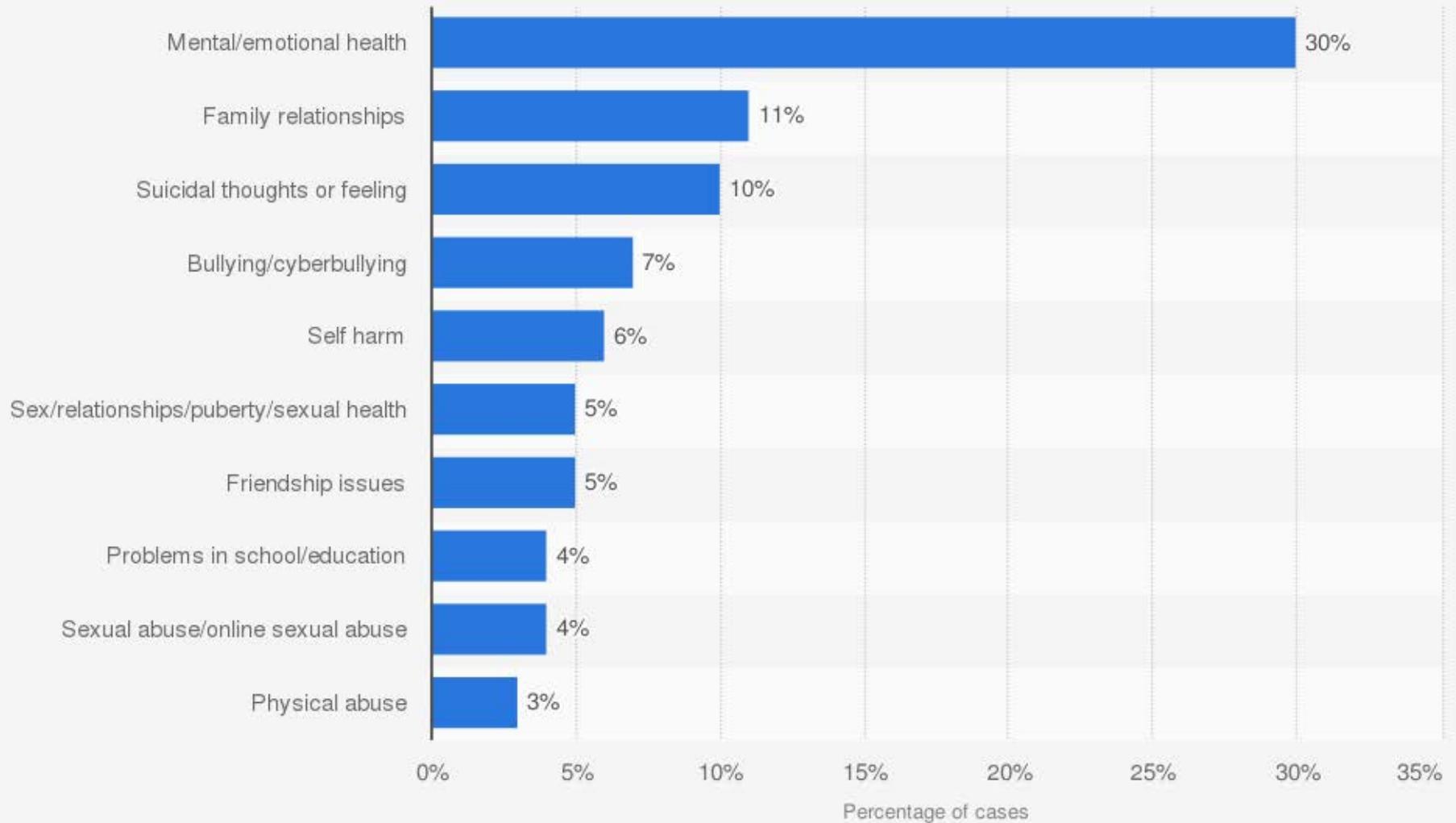
Reason	Percentage
Mental/emotional health	30%
Family relationships	11%
Suicidal thoughts or feeling	10%
Bullying/cyberbullying	7%
Self harm	6%
Sex/relationships/puberty/sexual health	5%
Friendship issues	5%
Problems in school/education	4%
Sexual abuse/online sexual abuse	4%
Physical abuse	3%

Percentage of cases

What is Cyberbullying?

Prejudice

Hacking

Threats

Manipulation

Exclusion

Stalking

Public postings

- **Threats and intimidation**
  Threats sent to people by mobile phone, email, or online.
- **Harassment or stalking**
  Repeated, prolonged, unwanted contact or monitoring of another person.
- **Vilification / defamation / prejudice-based bullying**
  These may be general insults or racist, homophobic or sexist bullying.
- **Ostracising / peer rejection / exclusion**
  Set up of a closed group refusing to acknowledge one user on purpose.
- **Identity theft, unauthorised access and impersonation**
  'Hacking' by finding out or guessing a username and password.
- **Publicly posting, sending or forwarding information or images**
  Disclosing information on a website.
- **Manipulation**
  May involve getting people to act or talk in a provocative way.

Differences

- **24/7 contact**
  No escape at home

- **Impact**
  Massive potential audience reached rapidly. Potentially stay online forever

- **Perception of anonymity**
  More likely to say things online

- **Profile of target/bully**
  Physical intimidation changed

- **Some cases are unintentional**
  Bystander effect

- **Evidence**
  Inherent reporting proof

Advice for parents

- Be careful about denying access to the technology

- Understand the tools

- Discuss cyberbullying with your children
  - always respect others
  - treat your passwords with care
  - block/delete contacts & save conversations

  - don't reply/retaliate
  - save evidence
  - make sure you tell

- Report the cyberbullying
  - school
  - service provider
  - police

What about mobiles?

Mobile phone advice

☺ **Know** how your child's phone works (e.g. Bluetooth, Internet access, WIFI code)

☺ **Agree** the type of content that you would be happy for them to download, knowingly receive or send on to others

☺ **Save** any abusive messages/inappropriate images for evidence purposes

☺ **Decide together** what are acceptable bills inc In-app purchases

You can control spending on in-app purchases by turning them off completely or by asking for a password to be entered every time. This will mean that your younger children won't be able to download apps without your permission.

- Some free apps make money in different ways, building up bills without you even realising it. PhonepayPlus has more information on in-app purchasing.

☺ **Encourage** balanced use – switching off at mealtimes, bedtime.

Apps – who is in charge?
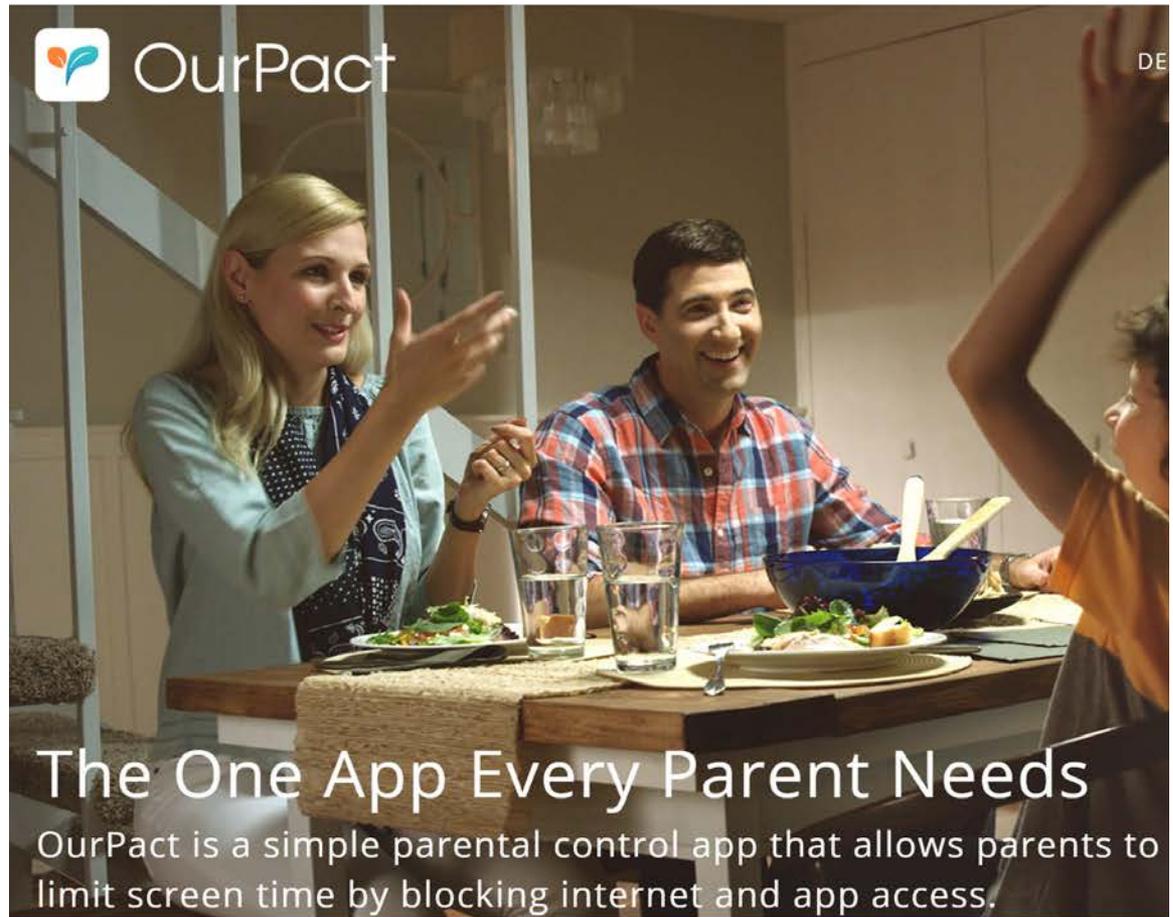
OurPact

The One App Every Parent Needs

OurPact is a simple parental control app that allows parents to limit screen time by blocking internet and app access.

Apps – who is in charge?

SelfieCop reminds kids to STOP-&-THINK before taking or sharing photos or videos.

selfie cop

STOP. THINK.
If you share this photo, you can never take it back.
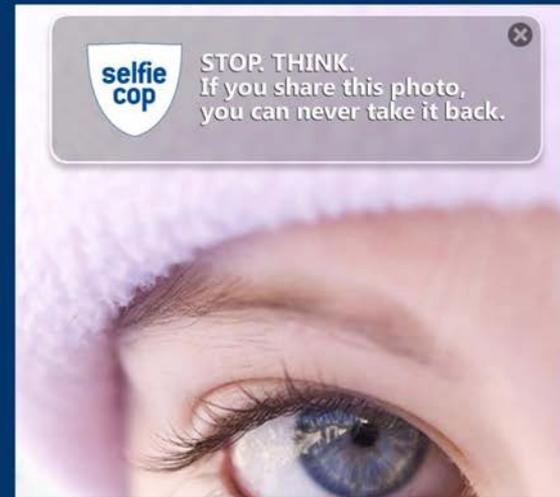
For example, the Parental Control *SelfieCop* teaches kids to use their phone's built-in camera safely.

Protect your child

SelfieCop reminds kids that any photos or videos they take may ultimately be seen by anyone.

SelfieCop also allows parents to monitor their child's images to help safeguard behaviour.

Download the *SelfieCop* apps for free at <u>www.selfiecop.com</u>

Everything a Parent Needs to Know About SKOUT™

Update yourself!

< View all networks

ooVoo

Voice calls | Video chat | Messaging

13+

Minimum age
What do you think is the right age for ooVoo? Share your thoughts∨

ooVoo is a video chat app. It lets you make video calls, voice calls and send texts to friends and family. You can also start a group video chat with up to 12 people. The default privacy settings are set to 'public', so you can talk to people you don't know, but they can be changed so that you can just talk to your friends.

What do I need to know about ooVoo?
We've joined forces with O2 to find out what parents of 8-12 year olds think about ooVoo. We've also asked young people what they think. Here's what they said:

Children's views ➖

What do children and young people say to look out for:
23% of the children and young people we asked think ooVoo can be risky. The top 3 concerns were:

- some of the features lag
- talking to strangers
- advertising.
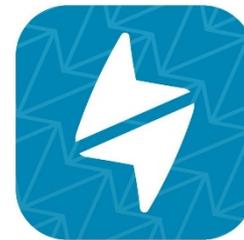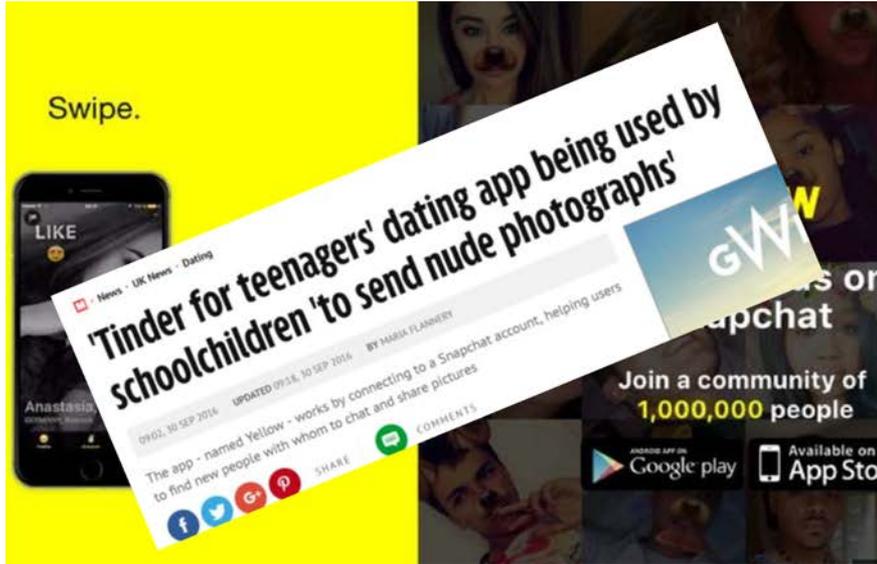
Checklist of questions for mobiles

Mobile Operators Code of Practice

Services to protect children that operators are committed to including.

Childnet's Checklist for parents

To help parents ensure that these protections are in place. Questions include: How can I turn Bluetooth off? Can I put a bar on premium numbers?

What can parents do?

Figure 146: Parents of 5-15s with a home broadband connection whose child goes online and who are aware of but do not use home network filters – reasons for *not* using them: 2017

Reason	%
Trust my child to be sensible/ responsible	50%
Prefer to use other ways like talking to my child/ supervising them/ using rules	48%
Child is always supervised/ always an adult present	24%
Child learns how to be safe online at school	17%
Don't know how to do this/ too complicated or time consuming to install or administer	6%
They block too much/ get in the way	6%
Wouldn't work/ they'd find a way around any controls	4%
They don't block enough	3%
Other reasons	5%
Don't know	7%

www.internetmatters.org

Parental controls setup guides for the major tablets and smartphones:

Apple iPhone   Apple iPad   Android Mobile   Android Tablet

Parental controls setup guides for the major gaming consoles:

XBOX ONE   XBOX 360   PS3   PS4   Wii

Xbox One   Xbox 360   PS3   PS4   Wii

Parental controls setup links for the main laptop and tablet operating systems:

Windows 7   Windows 8   Mavericks   Yosemite   Windows 10

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Helping parents keep their children safe online

#Pledge2Talk to kids about online safety this Safer Internet Day

LEARN MORE

What you can do…

Commerce

☺ Install software to protect your computer's security

☺ Be careful which sites the rest of the family visit

☺ Use a family email address for shopping and online forms

☺ Use the free technology: pop-up blockers & SPAM filters; and your good judgement: don't reply to SPAM!

☺ Check sites for extra security (Green padlock)

What you can do…

Content

☺**Talk to your children** about what to do if they do come across something unpleasant and **teach them to be critical. LITTLE & OFTEN!**

☺**Use child-friendly search engines** or set a search filter

☺ Encourage them to use **browser tools** – Bookmarks & History

☺**Install filtering** but don't rely on it

☺**Find appropriate sites** to visit and try not to overreact – lots of inappropriate content viewed accidentally

What you can do…

Contact

☺ **Get involved** with your children online and encourage balanced use – set time limits

☺ Make sure they know **who to talk to** if they feel uncomfortable

☺Talk about the consequences of giving out **personal info** or making **information public**

☺**Agree rules** as a family – meeting up

s m a r t

What you can do...

☺ Good sleep hygiene means that the mobile device **stay out of the room** if possible or, at a minimum, be put on silent, do not disturb, or a similar mode.

☺ Many doctors recommend not using screens in the **hour before bed**

☺ Organise **family downtime** away from screens – play board games, walks, cards, eating together, reading for pleasure

SMART rules

SAFE – Keep safe by being careful not to give out personal information – including full name and email address - to people who you don't trust online.

MEETING – Meeting up with someone you have only been in touch with online can be dangerous. Only do so with your parent's/carer's permission and even then only when they can be present.

ACCEPTING – Accepting e-mails, IM messages or opening files from people you don't know can be dangerous – they may contain viruses or nasty messages!

RELIABLE – Someone online may be lying about who they are, and information you find on the internet may not be true. Check information and advice on other websites, in books or ask someone who may know.

TELL – Tell your parent/carer or teacher if someone or something makes you feel uncomfortable or worried, or you or someone you know is being cyberbullied.

Know where to report

If you click on the button you will be reporting a problem directly to someone at CEOP (the Child Exploitation and Online Protection Agency) You are then likely to be contacted by a social worker or a police officer, to talk through your report in more detail. They need to do this to make sure you are safe.

Know where to report

CLICK CEOP
Internet Safety

REPORT ABUSE

If you click on the button you will be reporting a problem directly to someone at CEOP (the Child Exploitation and Online Protection Agency) You are then likely to be contacted by a social worker or a police officer, to talk through your report in more detail. They need to do this to make sure you are safe.

Government

Start here >

Education for a Connected World

A framework to equip children and young people for digital life

UK Safer Internet Centre

Reporting

Reporting on social media

Find out more about how to report on the most popular social media apps in our safety tools guide.

Grooming or other illegal behaviour:

If you want to report someone who is behaving suspiciously online towards a child, you should in an emergency contact the emergency services by calling 999, or otherwise make a report to CEOP, the Child Exploitation Online Protection Centre, see www.ceop.gov.uk.

Criminal content online:

Child sexual abuse images: If you stumble across criminal content online, you should report this to the Internet Watch Foundation at www.iwf.org.uk/report. Criminal content in the UK includes child sexual abuse images, criminally obscene adult content as well as non-photographic child sexual abuse images.

Online terrorism: You can report terrorism related content to the police's Counter Terrorism Internet Referral Unit at www.gov.uk/report-terrorism.

Hate speech: Online content which incites hatred on the grounds of race, religion, disability, sexual orientation or gender should be reported to True Vision at www.report-it.org.uk.

Media content inappropriate for children:

If you want to make a complaint about an advert, television or radio programme, film, newspaper, magazine, video game or other type of content that you think is unsuitable for children to see or hear, you can report it through **ParentPort** at www.parentport.org.uk. Click on Make a Complaint and ParentPort will take you straight to the right place to complain to.

More resources…

www.childnet.com

www.kidsmart.org.uk

www.digizen.org

www.nspcc.co.uk